

MISSOURI DEPARTMENT OF HEALTH
 BUREAU OF NUTRITION SERVICES & WIC
H. LOCAL AGENCY
NUTRITION EDUCATION LESSON PLAN

LA _____
Developed by: _Rita Arni, MDOH Dietetic Intern Date: _____
Revised by: _____ Date: _____
<input type="checkbox"/> INDIVIDUAL COUNSELING
<input type="checkbox"/> GROUP LESSON

LESSON TITLE: Take a Trip to the Market with Kip

LESSON CODE 39, 46

TARGET POPULATION C

Educational Goal: Childhood obesity will be reduced through healthier food choices and physical activity.

Learning Objective(s):

- 1) Children will know that vegetables are healthy, low-fat food choices.
- 2) Children will practice
- 3) Children will participate in movement activities.

Desired Outcome: Children will be able to make healthy food choices, practice food safety, and practice movement activities daily in their own setting.

Learning Activities

Introduction: You'll be coming to three class sessions with me. During these classes, we will talk about making healthy food choices, how movement is important for your body to stay healthy, and we'll eat some healthy foods at each class session. Let's begin with a book called **Take a Trip to the Market with Kip!**

Content: (Have the children sit in a circle on the floor. Pass out sock puppets so each child has one. Ask them to put the sock puppets on their hand but put their hands in their lap until you talk about the food that is on their puppet.) Read the story. As a food is mentioned, the child should stand and face the group with their sock puppet. Thank each child as that page is finished and ask them to be seated again. *This story might also be a time to incorporate movement activities.*

Tell the children they will now have the opportunity to choose vegetables and see what they taste like. Ask the children, one at a time, to reach into the bag, feel the vegetable without looking, and try to name it. When they have named the vegetable, or if they can't name it, let them take it out of the bag and name it again. Ask: "Is it what you thought it was? So you know what that is? Have you ever eaten that vegetable? Did you like it?" After each child has a turn, tell them they may now have a healthy snack, because they are going to get to try the vegetables. Ask: What do you always do before you eat? They should say "Wash hands." If there is time, demonstrate proper handwashing techniques.

Wash hands, wrists, and lower arms.

Use soap.

Use warm water.

Lather and rub for 20 seconds, making sure to clean between fingers and around nails. (Sing Happy Birthday, that will take about 20 seconds.)

Rinse thoroughly.

Dry hands with paper towels or air.

Turn off faucet with paper towel.

Methods, Materials, Equipment
 You will need a bag that is not see-through (a canvas bag, paper bag, opaque shopping bag, pillowcase). Put a variety of vegetables in the bag: one each of green onion, tomato, broccoli, cauliflower, carrot, celery, potato, mushroom, radish, green pepper, red pepper, yellow pepper, leaf lettuce, zucchini, sugar snap pea, turnip, and any other vegetables available and in season that can be eaten raw.

Prepare a tray of cut up, raw vegetables in advance. The lettuce leaves may be used as garnish, but may also be eaten. You may need to point out that it is OK to eat raw potatoes and they would actually be a very good source of Vitamin C which is then destroyed by heat and excess liquid during cooking.

Napkins

Soap and paper towels at a Handwashing sink

The oversized, laminated book

Take a Trip to the Market with Kip! Provided by MDOH

Sock puppets provided by MDOH
 Coloring sheet (master copy)

Dispose of the towel (and open door if necessary) without touching surfaces.
Give each child a napkin and offer a tray of prepared raw vegetables. Use caution with very young children to avoid choking incidents and ask parents to supervise. Have children sit either on the floor or with the adult who brought them while they are eating.

Conclusion: Ask each child to name their favorite healthy, low-fat food choice that was talked about today. (Each one should give you the name of a vegetable). Tell them that next time they come to class with you, there will be some different foods in the bag to choose. Pass out the coloring sheet for them to take home.

provided by MDOH

Est. Cost*:
Socks \$10.00
Vegetables \$16/day or ~ 50 children

Evaluation Method:

90% of the children will name a vegetable when asked to name a healthy low-fat food choice.

100% of the children will wash their hands before having a snack.

100% of the children will attempt to mimic the movement activities demonstrated

100% of children will participate in the movement activities.

MO 580-1318 (11-95)
WIC-26Pb (11-95)

* = optional